

7 Minute Briefing: Shared Decision Making

Culture Change

- Promoting a system-wide focus on measuring shared decision making and having structures in place to regularly report on these outcomes
- Having a willingness to try out i-THRIVE grids (or similar tools) to help CYP young people and their families reach a shared decision about treatment or support with a professional

Context

Young people don't often see themselves as decision makers and often feel or expect to be passive. Lack of involvement can lead young people to feel out of control, affect their willingness to get help or agree with decisions that have been made. The THRIVE framework puts young people and families at the heart of decision making.

Measuring Decision Making

CollaboRATE:

- A questionnaire aimed at capturing the process of shared decision making after an appointment
- Developed by Glyn Elwyn (Dartmouth Institute)

i-THRIVE Grids

- Decision aids used to help young people and families understand and choose different treatment or support options
- Co-created with service users, parents and professionals
- Developed for ADHD, low mood and self-harm
- Support THRIVE-like, active and needs led decision making process

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Applying SDM

- Talk with CYP and families about their options to support informed decision making
- Discussion with CYP and their family about the pros and cons of the different options and discuss views, values and preferences
- Reach a shared decision about what to do next and how to achieve this

Young People

- The process of deliberation is often more important than the outcome
- CYP learn and internalise decision making processes
- Reduces resistance and passivity
- Increases awareness and understanding of risk, boundaries and restrictions as well as possibilities

Key Principles

- Open and explicit decisionmaking conversations
- Deliberation, negotiation and thinking together
- Learning and internalising
- Reflection level of influence
- Positive risk taking
- Supporting CYP to be active decision makers

Wolpert et al. (2016). THRIVE Elaborated Second Edition

Hayes, Town, Lemoniatis, & Moore. (2017). i-THRIVE Grids

Common Room. (2017). Open Talk Training: Decision-making in young people's mental health Martin, K. (2018). A critical realist analysis of decision-making in young people's mental health. UCL.







